



Program Guide 2009

About Nevada City Parks & Recreation

Parks, trails, summer programs, and recreation classes are among the many things that Nevada City offers through its Parks & Recreation Department. The Department employs one full-time employee and 2 part-time employees year round and approximately 35 seasonal staff during the summer months. Pioneer Park was voted “Best Park” by Union Readers in 2007. Those who frequent the park, know that the Park is well deserving of the award. The Nevada City Veteran’s Building is used as the City’s Community Center, where many recreation classes are offered as well as our summer youth program. The facility is available for rent or for experienced instructors to offer classes. There is a Parks & Recreation Committee, which consists of 2 City Council members, the Parks and Recreation Supervisor and several citizens. The Committee is responsible for reviewing park programs, budgets, facilities and policies and makes recommendations to City Council.

Mission Statement

The Nevada City Parks & Recreation Mission is to provide a system of parks, trails, recreational facilities, programs and services that will enrich the lives of our citizens.

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How to contact us:

Mailing Address and year-round phone number:

Nevada City Parks & Recreation:

317 Broad St.
Nevada City, CA 95959
(p) 530-265-2496 x129
(f) 530-265-0187

Physical Address and seasonal phone number:

Nevada City Pool

423 Nimrod St., Nevada City, CA 95959
530-265-8223

Nevada City Day Camp

421 Nimrod St., Nevada City, CA 95959
Phone # will be available soon

Nevada City Youth Program

415 N. Pine St., Nevada City, CA 95959
Phone # will be available soon

Nevada City Veteran’s Building-Rentals

415 N. Pine St., Nevada City, CA 95959
530-265-2496

Pioneer Park Rentals

317 Broad St., Nevada City, CA 95959
530-265-2521

Nevada City Swimming Pool

Open Swim

The Nevada City Pool is a great place for all Nevada County residents to cool off during the summer. The shallow end is 2 feet deep making it easy for small children to get around with their parents. There are two lap lanes reserved for adult swimmers and there is a diving board for those who need a little more action.

Dates:	Days:	Time:	Who:	Fee:
May 23-June 7	Sat/Sun	12:30-4:30pm	Under 18	\$2.00
(also open Mon. May 25, Memorial Day)			Adults	\$3.00
June 8-Aug 18	Everyday	12:30-4:30pm		
Aug 19-Sept 13	Sat/Sun	12:30-4:30pm		

Pool Closures

The pool will be closed July 4 & September 7

Pool Information

Length 150' x Width 50'
Average Temperature 78°
2 Marked Lap Lanes
Shallow end = 2 feet deep
Vending Machines and a concession stand

Red Shirt Drills

Several times during the summer we will run drills that include the Fire Department. The purpose of the drill is to give life-guards a more hands on training and helps the public to know how to respond if there should ever be a real emergency. Call us if you have any questions about Red Shirt Drills.

Lap Swim & Water Exercise

An **affordable** way to get in shape this summer! **Tone** your body, build strength, and get a great **cardio** work out. Prefer to workout at your **own pace**? You can swim laps or do your own exercises. Many times we are able to remove the lap lanes, so that swimmers can swim the full length of the pool, for a better workout.

Dates:	Days:	Times:	Who:	Fees:
May 30-Sept 12	Sat.	11a-12:30p	Adults*	\$4 drop in OR
June 16-Aug 13	T/Th	8:45-9:45a		\$16 - 5 pass punch card
	T/Th	7-8p		
Aug 18-Sept 10	T/Th	8:45-10:45a		
	T/Th	6-8p		

*Children 12 & up may participate, if accompanied by an adult



Family & Individual Passes

The family pass is our best pool bargain! Purchase the pass and your whole family has access to all **Open Swim** and **Lap Swim** times. **New this year** - Individual Passes! All passes are valid May 23-Sept 13, 2009.

Family Pass:	\$175
Individual Pass - Adult:	\$100
Individual Pass - Child:	\$90

Pool Parties & Rentals

Splash Bash

Parents don't stress about your child's birthday party!! We will decorate, entertain and clean up the mess! Two picnic tables are reserved for the birthday party, with a special throne for the birthday child. A lifeguard will play games with the group for one hour. Birthday parties are reserved on a first come, first served basis.

Days & Times:	Fee:
During Open Swim	\$55 1-8 children (including birthday child)
	\$70 9-18 children (including birthday child)



Private Pool Rentals

Rent the Nevada City Pool for a private party. Lifeguards are on duty. Rentals are available Friday-Sunday when there is not a scheduled program. Rentals are reserved on a first come, first serve basis.

Days:	Time:	Fees:	
Fri-Sun	5:30-8:00pm	Less than 50 people	\$60/hour
		51—100 people	\$80/hour
		101-150 people	\$100/hour

Youth Swim Programs - Ages 10-14

Water Polo

This class is for both the beginner who has never played **and** intermediate players who want to advance their game. We start with the basics and the fundamentals of the game, learning to play and improving skills as we go. So if you like to play or want to learn the game, please join us.

Dates:	June 22-July 29
Days:	Mon/Wed
Time:	6:30-7:30pm
Fee:	\$50

Pre-Swim Team

This introduction to competitive swimming is designed for swimmers who are ready to advance to the next level. Participants must be able to demonstrate level 5 skills. The class will explore and refine the 4 competitive strokes: butterfly, breast stroke, back stroke, & freestyle, as well as turns & starts. Daily workouts will be provided by qualified staff.

Dates:	June 22-July 31(no class July 3)
Days:	Mon/Wed/Fri
Time:	10-11am
Fee:	\$125

Junior Lifeguards

Are you ready for the challenge of being a Junior Lifeguard? Learn to swim better, save lives and prepare for future employment in an aquatics environment. This 5 week program focuses on 5 key components: warm up and exercise (heavily emphasized), safety training (lecture & activity), daily skill practice, organized competition, games, and free time to swim. Our experienced staff will keep program time dynamic and fast paced.

Dates:	June 22-July 24
Days:	Mon - Fri
Time:	12-3:30pm
Fee:	\$175



**Not interested in swimming?
Check out other youth
programs on page 8.**

“Learn to Swim” Level Descriptions

Level A - Parent/Toddler

Level A lessons are designed for children 6 months to 3 years to explore the pool while adjusting their comfort level in and around the water. Basic skills and readiness are emphasized. **Parent participation is mandatory.** The instructor will assist and lead you through each lesson. *Swim diapers are required for non-potty-trained participants.*

Level B - Parent/Toddler

Level B lessons are designed to increase your 3 or 4 year old child's comfort level in the water and begin to learn basic swim movements. **Parent participation is mandatory,** however the instructor will encourage children to explore the water independently. *Swim diapers are required for non-potty-trained participants.*

Level 1 – Introduction to Water Skills

Designed for 4-6 year old children that can receive instruction without parent assistance and can put their face in the water. Emphasis is on elementary aquatic skills and feeling comfortable in and enjoying the water. Skills include; front and back floating, kicking, underwater exploration and basic arm movements through games and group instruction.



Level 2 – Fundamental Aquatic Skills

This class is for children that have completed level 1 skills. Emphasis is on giving students success with fundamental skills; front and back gliding & kicking. Front & back crawl stroke are introduced. If your child can move through the water on their own, now is the time to learn the strokes and kicks that help them to swim.

Level 3 – Stroke Development

This class is for children that have completed level 2 skills. The objective is to build on Level 2 skills by providing guided practice. Learn to better coordinate the front crawl, back crawl and tread water. Safety practices, diving and deepwater skills are introduced.

Level 4 – Stroke Improvement

For children who have completed level 3 skills. This level develops confidence in the strokes already learned. Continued stroke refinement including side breathing, turns, diving and safety skills are taught, and the breaststroke, elementary backstroke and side stroke are introduced.

Level 5 – Stroke Refinement

For children who have completed level 4 skills. The objective of this level is to improve swimmer coordination and there is a focus on refinement of the strokes already learned. This level prepares swimmers for more aquatic activities including; pre-swim team, junior lifeguards and water polo.

Private Lessons

Private lessons are for adults & children. The instructor will teach according to the level of the swimmer. Up to 3 people may be in one lesson time slot, as long as they are all at the same swim level. Private lessons are not appropriate for Levels A & B. **Private lessons will take place during Lap Swim times, NOT during regular swim lesson times, they will be 1 hour, 2 times per week for 2 weeks. These lessons will take place Tuesdays & Thursdays 8:45-9:45am or 7:00-8:00pm.**

“Learn to Swim” Schedule

All group lesson sessions are Mon-Thurs for 2 weeks. For Private lessons see page 4.

	Session 1 June 8-18		Session 2 June 22-July 2		Session 3 July 6-16		Session 4 July 20-30		Session 5 Aug 3-13	
	<u>Time</u>	<u>Code</u>	<u>Time</u>	<u>Code</u>	<u>Time</u>	<u>Code</u>	<u>Time</u>	<u>Code</u>	<u>Time</u>	<u>Code</u>
LEVEL A	5:30p	A14	10:40a 11:20a 6:10p	A22 A23 A25	10:00a 10:40a 6:10p	A31 A32 A35	10:40a 11:20a 5:30p	A42 A43 A44	10:00a 11:20a 5:30p	A51 A53 A54
LEVEL B	5:30p 6:10p	B14 B15	10:40a 11:20a 5:30p 6:10p	B22 B23 B24 B25	10:00a 11:20a 5:30p 6:10p	B31 B33 B34 B35	10:00a 11:20a 6:10p	B41 B43 B45	10:40a 11:20a 6:10p	B52 B53 B55
LEVEL 1	5:30p 6:10p	114 115 115X	10:00a 10:40a 11:20a 5:30p 6:10p	121 122 123 124 124X 125	10:00a 10:40a 11:20a 5:30p 6:10p	131 132 133 134 135	10:00a 10:40a 11:20a 5:30p 6:10p	141 142 143 144 145 145X	10:00a 10:40a 11:20a 5:30p 6:10p	151 152 153 154 155 155X
LEVEL 2	5:30p 6:10p	214 215	10:00a 6:10p	221 221X 222 223 224 225	10:40a 11:20a 5:30p 6:10p	232 233 234 235	10:00a 10:40a 11:20a 5:30p 6:10p	241 242 243 244 245	10:00a 10:40a 11:20a 5:30p 6:10p	251 252 253 254 255
LEVEL 3	5:30p 6:10p	314 315	10:00a 10:40a 11:20a 6:10p	321 322 323 325	10:00a 10:40a 11:20a 5:30p 6:10p	331 332 333 334 335	10:00a 10:40a 11:20a 5:30p 6:10p	341 342 343 344 345	10:00a 10:40a 11:20a 5:30p 6:10p	351 352 353 354 355
LEVEL 4	5:30p	414	10:00a 10:40a 11:20a 5:30p	421 422 423 424	10:00a 10:40a 11:20a 5:30p 6:10p	431 432 433 434 435	10:00a 10:40a 11:20a 5:30p 6:10p	441 442 443 444 445	10:00a 10:40a 11:20a 5:30p 6:10p	451 452 453 454 455
LEVEL 5	6:10p	515	10:00a 5:30p 6:10p	521 524 525	10:00a 10:40a 11:20a 5:30p	531 532 533 534	10:00a 10:40a 5:30p	541 542 544	10:00a 10:40a 5:30p	551 552 554
PRIVATE			8:45a 7:00p	P2A1 P2A2 P2P3 P2P4	8:45a 7:00p	P3A1 P3A2 P3P3 P3P4	8:45a 7:00p	P4A1 P4A2 P4P3 P4P4		

FEES:

Level A, B & 1-5:	\$35
Private	\$100
(\$25 for ea. additional person. Up to 3 people per lesson.)	
Water Polo (WPO)	\$50
Pre-Swim (PRE)	\$125
Junior Lifeguard (JLG)	\$175

**For Registration
Procedures
see page 9.**

Summer Day Camp & Youth Program

About Our Summer Programs

Day Camp

Nevada City Parks & Recreation has created a dynamic summer camp for children to have a safe and fun place to participate in meaningful activities. The emphasis is on FUN, learning, and engaging in new experiences.

- Designed for children ages 4-10
- Activities include: crafts, games, creek walks and swimming at the Nevada City Pool on Fridays
- Location: Pioneer Park located in Nevada City, unless otherwise noted by the weekly description
- Days & Times: Monday –Friday; 9am-4pm
- Fees: \$185 per week, unless otherwise noted by the weekly descriptions



Youth Program

Summer 2008 was our first year to operate the Youth Program. We have taken the feedback from those who participated and integrated it with the skills of our staff to create a program that will be engaging and allow time to hang out with other kids their age. The emphasis is on giving youth a place to experience new things with positive adult role models to lead them.

- Designed for ages 10-13
- Activities vary according to the theme of the week.
- Location: Nevada City Veteran's Building,
(unless otherwise noted by the weekly description)
- Days & Times: Monday - Thursday; 9am-4pm
- Fees: \$170/week, unless otherwise noted

Philosophy

Our programs reflect best practices in youth development, from the way kids experience the program to the way we work with families. We believe that participants will have the opportunity for an excellent summer experience and parents will feel as if they have invested in their child's future. Our programs provide a place where children & youth have a chance to be themselves and where they can learn skills that build confidence, grow into stronger individuals, and have fun. All participants receive hands-on instruction within small groups. Activities are age appropriate within the designated theme.

Program Staff

Program staff are a trained group of adults and college students who make our summer programs fun and exciting. Staff are trained to lead activities, identify and reduce risks, and supervise a small group of children or youth. All staff are trained in First Aid and CPR and have been interviewed, referenced and have cleared a background check.



Ages 4-10

Day Camp - "Where our focus is on fun!" Weekly Descriptions

All Camps run Monday - Friday; 9:00am - 4:00pm ; are located at Pioneer Park, and the fee is \$185; unless otherwise noted by the weekly description. More details will be available in the Parent Packet that you will receive upon registration or online at www.nevadacityca.gov



WEEK 1: GAME ON!!

June 22 - 26

Code: DC01

We will play traditional sports, learn basic skateboarding skills and participate in an obstacle course. We will work our muscles and train for fun!



WEEK 2: SURVIVOR CAMP

June 29 - July 2 \$35/day

Sign up for one day or all four days.

Code: DC02

Don't worry mom & dad - we won't be voting anyone off the island! This is an all-out adventure. Hike to Pooh's Corner, play capture the flag and learn to build shelters.

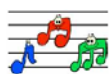


WEEK 3: TRASH TO TREASURE

July 6-10 **Location: Miners Foundry**

Code: DC03

One person's trash is another person's treasure. Campers will work with different art mediums, combined with recycled materials to create masterpieces. Photography, sewing and finger-painting will be included in the weeks activities. Completed projects will be on display at City Hall and the Swimming Pool.



WEEK 4: REACH FOR THE STARS

July 13-17

Location: Miners Foundry

Code: DC04

With the help of presenters, campers will explore many types of dance, get an introduction to reading music and sing some of their favorite songs. Parents will be amused and amazed at the talent of their children when we perform on Friday. Admission to the Children's Faire also included .



WEEK 5: DRAMA RAMA

July 20 - 24 **Location: Miners Foundry**

Code: DC05

Proclaim joy, humor, fright and charm through the power of the stage. Learn acting techniques, design stage sets and build props. A short play will be performed for friends and family members on Friday.

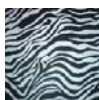


WEEK 6: TAKING FLIGHT

July 27-31

Code: DC06

This fabulous flying week will include building rockets and making paper airplanes. Campers will explore outer-space and take flight with the exploration of flying animals.



WEEK 7:

IT'S A JUNGLE OUT THERE

August 3 - 7

Code: DC07

Our imaginations will lead us this week as we transform Pioneer Park into a jungle of fun. Swing like a monkey, laugh like a hyena, and race like a gazelle. Campers will have the opportunity to make musical instruments to create "jungle music" and *Nature Critters* will return with their live animal presentation.



WEEK 8: FIZZ, POP, FLASH!

August 10-14

Code: DC08

Mix up some great potions at this camp. Campers will create foaming mixtures, oozing gak and messy sculptures. A Mad Scientist will teach us about Magnificent Magnets. Don't miss this explosion of science!

Ages 10-13

Youth Program Weekly Descriptions

The Youth Program will take place Monday - Thursday; 9:00am - 4:00pm; is located at the Nevada City Veteran's Building, and the fee is \$170; unless otherwise noted by the weekly description. More details will be available in the Parent Packet that will be available upon registration or online at www.nevadacityca.gov



WEEK 1: WHAT NOT TO WEAR

June 22 - 25

Code: YP01

This week will be "sew" much fun. Participants will have an opportunity to design their own clothing as well as sew at least one piece. We will end the week with a fashion show.



WEEK 2: RECESS

June 29 - July 2 \$35/day

Code: YP02

This week allows time for participants to hang out with other youth in a relaxed setting. There will be some planned activities, such as swimming and group activities, but mostly the youth will choose what they do each day.



WEEK 3: CAPOEIRA - WHAT'S THAT!?!

July 6-9

Code: YP03

Learn about the origins of and receive an introductory lesson to different forms of martial arts. Instructors will be brought in from numerous local venues. **July 8 & 9 will take place at Pioneer Park.**



WEEK 4: OUTDOOR ADVENTURES

July 13-16

Code: YP04

Are you ready to accept the challenge of outdoor recreation? Kayaking and horse-back riding are part of the plan. **Drop off and pick up will be at Pioneer Park this week.**



WEEK 5: PHOTOGRAPHY

July 20 - 23

Code: YP05

See the world from a different view. Participants will photograph people, scenery, and nature. Then work with a computer program to create a fantastic piece of artwork.



WEEK 6: COVER THE CANVAS

July 27 - 30

Code: YP06

Instructors will be available to give advice and explain techniques, but we are going to create with our imaginations. It's an introductory course to the art world and a chance to explore different mediums. Use a paint brush, your fingers or a toothbrush - it's up to you! Create many pieces or take your time to perfect one main piece.



WEEK 7: NO RESERVATIONS

August 3-6

Code: YP07

Back by popular demand - the kitchen is open and the stove is heated! We will progress from appetizers to a main dish to dessert. Participants will prepare their own snacks and be able to sample all of their yummy creations.



WEEK 8: STEP IT UP

August 10 - 13

Code: YP08

Consider this week an investment in your future. The week will start off with a trip to the ropes course followed by team and individual challenges. Participants will learn leadership skills, goal setting & team dynamics.

Registration Procedures

Registration dates for all Parks & Recreation Programs:

Dates:

April 29 ⇨ Registration for Nevada City Residents (3 digit address)

May 6, 13, 20 ⇨ Open Registration

Time: 6:00-8:00pm

Location: Nevada City Pool
Pioneer Park, 423 Nimrod St., Nevada City

After May 20 you may register for programs during open hours at the pool.

Registration Policy

Registration is taken on a first come, first serve basis. Participants may choose to be put on a wait list if a program is full. Programs that do not meet minimum enrollment will be cancelled. If a program is cancelled participants may transfer to another program, receive a credit toward any parks & recreation program or receive a full refund. **Refunds are not given unless a class is cancelled.**

Participants who miss program days will not be offered make-up dates.

For Swim Lessons:

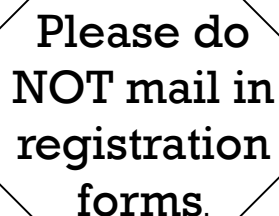
Proper class placement is essential to successful learning and a positive experience. Please review class criteria including skills and ages before registering. Pool staff reserves the right to place any student in the appropriate class if deemed necessary.

For Day Camp & Youth Programs:

Sessions are designed as a group experience; therefore there are no pro-rated daily rates for skipped or missed days. There are NO refunds for session cancellations. If you need to change a week for which you have registered, fees are transferable to a different week dependent upon space available.



**THERE ARE
NO
REFUNDS ON
PROGRAM
FEES.**



**Please do
NOT mail in
registration
forms.**

Call if you have questions or need more information:

City Hall: 265-2496

www.nevadacityca.gov

Pool: 265-8223 (May 1 - Sept13)

Day Camp: TBA (June 15 - August 14)

Youth Program: TBA (June 15 - August 14)

DAY CAMP & YOUTH PROGRAM REGISTRATION



Participant **LAST** Name: _____

Participant **FIRST** Name: _____ Age: _____ Sex: M F

Parent/Guardian Name: _____

Email address: _____

Phone: home # _____ cell # _____ Other # _____

Check weeks your child will be attending:

DAY CAMP \$185/week

- ☐ DC01
☐ DC02 **\$35/day**
☐ Mon ☐ Tues ☐ Wed ☐ Thurs
☐ DC03
☐ DC04
☐ DC05
☐ DC06
☐ DC07
☐ DC08

Check weeks your child will be attending:

YOUTH PROGRAM \$170/week

- ☐ YP01
☐ YP02 **\$35/day**
☐ YP03
☐ YP04
☐ YP05
☐ YP06
☐ YP07
☐ YP08

Office Use ONLY:

Total Amount Due:

Cash/Check#:

Date:

Staff initials:

In consideration for being permitted by Nevada City Parks & Recreation (NCPR) to participate in the above activity, I hereby waive, release, and discharge any and all claims for damages for personal injury, death, or property damage which may have, or which may hereafter accrue to me as a result of participation in said activity. This release is intended to discharge in advance NCPR (its officers, employees, and agents) from any and all liability arising out of or connected in any way with my participation in said activity, though that liability may arise out of negligence or carelessness on the part of the persons or entities mentioned above. It is understood that this activity involves an element of risk and danger of accidents, including, but not limited to tripping, falling, contact with other children, and sports injuries, and knowingly and freely assume all such risks, both known and unknown. It is further agreed that this waiver, release and assumption of risk is to be binding on my heirs and assigns. I agree to indemnify and to hold the above persons or entities free and harmless from any loss, liability, damage, cost, or expense which they may incur as a result of my death or any injury or property damage that I may sustain while participating in said activity.

PARENTAL CONSENT: I hereby consent that my son/daughter, named above, participate in the above activity, and I hereby execute the above Agreement, Waiver and Release on his/her behalf. I state that said minor is physically able to participate in said activity. I hereby agree to indemnify and hold the persons and entities mentioned above free and harmless from any loss, liability, damage, cost, or expense which they may incur as a result of the death or any injury or property damage that said minor may sustain while participating in said activity. I agree that in the event that said minor requires medical treatment while under the supervision of NCPR recreational personnel in connection with described activity, such supervisor may authorize treatment.

I HAVE CAREFULLY READ THIS AGREEMENT, WAIVER & RELEASE AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT BETWEEN MYSELF AND NEVADA CITY PARKS & RECREATION, AND I SIGN IT OF MY OWN FREE WILL.

IN ADDITION: I understand that there are no refunds on registration fees, unless a class is cancelled. I give the City of Nevada City permission to use photos taken of me and/or my child in future publications.

Signature of parent/guardian

Date

NEVADA CITY POOL PROGRAM REGISTRATION



Participant **LAST** Name: _____

Participant **FIRST** Name: _____ Age: _____ Sex: M F

Parent/Guardian Name: _____

Phone: home # _____ cell # _____ Other # _____

Address: _____

City: _____ Zip: _____

Email: _____

Emergency Contact: _____ phone #: _____

Course Code #	Fee	O F	Cash/ Check #	Total Amt. Paid	Date	Staff Initials
		F				
		I				
		C				
		E				

In consideration for being permitted by Nevada City Parks & Recreation (NCPR) to participate in the above activity, I hereby waive, release, and discharge any and all claims for damages for personal injury, death, or property damage which may have, or which may hereafter accrue to me as a result of participation in said activity. This release is intended to discharge in advance NCPR (its officers, employees, and agents) from any and all liability arising out of or connected in any way with my participation in said activity, though that liability may arise out of negligence or carelessness on the part of the persons or entities mentioned above. It is understood that this activity involves an element of risk and danger of accidents, including colliding with other swimmers, tripping or falling on the pool deck, exposure to contaminated water and knowingly and freely assume all such risks, both known and unknown. It is further agreed that this waiver, release and assumption of risk is to be binding on my heirs and assigns. I agree to indemnify and to hold the above persons or entities free and harmless from any loss, liability, damage, cost, or expense which they may incur as a result of my death or any injury or property damage that I may sustain while participating in said activity.

PARENTAL CONSENT: I hereby consent that my son/daughter, named above, participate in the above activity, and I hereby execute the above Agreement, Waiver and Release on his/her behalf. I state that said minor is physically able to participate in said activity. I hereby agree to indemnify and hold the persons and entities mentioned above free and harmless from any loss, liability, damage, cost, or expense which they may incur as a result of the death or any injury or property damage that said minor may sustain while participating in said activity. I agree that in the event that said minor requires medical treatment while under the supervision of NCPR personnel in connection with described activity, such supervisor may authorize treatment.

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IN ADDITION: I understand that there are no refunds on registration fees, unless a class is cancelled. I give the City of Nevada City permission to use photos taken of me and/or my child in future publications.

Signature of parent/guardian

Date

Recreation Facility Rentals

Nevada City Veteran's Building and Community Center

The Nevada City Veteran's Building, located in downtown Nevada City offers a wonderful space for any event. *Weddings, meetings, yard sales, social events, fund raisers, trainings, recreation classes, retreats and much more.* The location is fantastic, the price is right and with recent improvements to the building and grounds, the Veteran's Building is the place for your event.

For rental information contact Nevada City Parks & Recreation:

265-2496 ext. 129 • www.nevadacityca.gov • 317 Broad St.; Nevada City, CA 95959

Pioneer Park Rentals

Picnic Areas, the Amphitheater, Seaman's Lodge and the field can be reserved for private parties, fund raisers and public events. A NEW picnic area is located adjacent to the playground. This area is a great location for a child's birthday party or family gathering.

For park rental information contact our Park Reservationist:

265-2521, please be sure to leave an evening and daytime phone number

Park & Recreation Classes

Qigong

Learn the simple movements of Kuan Yin Standing and Return to Spring & a Young Heart. These movements stimulate the flow of "Qi". This flow is believed to remove stress, disease and negative emotions.

Days & Times:

Mondays 5:30-6:45pm

Tuesdays & Fridays 10:00-11:15am

Location: NC Veteran's Building

Instructor: Akiko; 530-273-2750

T'ai Chi Ch'uan

Classes are for beginning and continuing students. We practice Yang-style t'ai chi ch'uan, a soft-style martial art form. The health benefits include: improved balance, strength and flexibility. Students learn the 37-movement form, and may continue to more advanced practices.

Days & Times:

Tuesdays & Thursdays 5:00-7:00pm

Location: NC Veteran's Building

Instructors: Morgan & Susan; 530-274-3513

Cardio Tennis

A fun, group fitness program featuring drills to give players of all abilities the ultimate, high-energy workout.

Days & Times: TBD

Location: Pioneer Park Tennis Courts

Instructor: Real Life Fitness 265-4041

Fencing

A European Martial Arts class teaching the discipline of sword play as fought from 1500-1700.

Days & Times: Mondays 7:00-9:00pm

Location: NC Veteran's Building

Instructor: Chris; 530-392-0257

